

2016 Athletics SA Long Course Cross Country Championships - 10/07/2016**Carisbrooke Reserve Salusbury Park****Results - ASA Long Course Cross Country****Event 1 Men 4k CC Under 16**

Name	Age	Team	Finals	Points
Results - Men				
1 Ethan Schwerdt		PEMBROKE - SA	14:04.87	
2 Joe Cross		PEMBROKE - SA	14:05.38	
3 Brett Fisk		HILLS DISTRICT - SA	14:14.33	
4 Riley Konecny		ENFIELD HARRIERS - SA	15:01.39	
5 Scott Goodwin		FLINDERS - SA	16:32.08	
--- Sam Tierney		HILLS DISTRICT - SA	DNF	

Event 2 Women 4k CC Under 16

Name	Age	Team	Finals	Points
Results - Women				
1 Charlotte Derbyshire		FLINDERS - SA	15:01.39	
2 Tamika Baynes		ADELAIDE HARRIERS - SA	16:06.75	
3 Zahli Clarke		PEMBROKE - SA	16:33.06	
4 Lulu Brumby		HILLS DISTRICT - SA	16:58.24	
5 Grace Roberts		UNITED COLLEGIANS - SA	17:18.46	
--- Lucy Mauviel		PEMBROKE - SA	DNF	

Event 3 Women 4k CC Under 18

Name	Age	Team	Finals	Points
Results - Women				
1 Brooke McGregor		HILLS DISTRICT - SA	16:18.40	
2 Casey Wallace		ATHLETICS SA	16:39.73	
3 Olivia Buchanan		ATHLETICS SA	17:53.79	
4 Bethany Cross		PEMBROKE - SA	18:23.23	
5 Anna Cross		PEMBROKE - SA	18:43.81	

Event 4 Men 3k CC Under 14

Name	Age	Team	Finals	Points
Results - Men				
1 Aidan Ross		FLINDERS - SA	10:41.84	
2 Bradley Hilton		ATHLETICS SA	11:22.53	
3 Tom Esser		FLINDERS - SA	11:52.13	
4 Angus Winter		ATHLETICS SA	12:11.43	
5 Patrick Winter		ATHLETICS SA	12:12.19	
6 Lachlan Earl		ATHLETICS SA	13:06.50	

2016 Athletics SA Long Course Cross Country Championships - 10/07/2016**Carisbrooke Reserve Salusbury Park****Results - ASA Long Course Cross Country****Event 5 Women 3k CC Under 14**

Name	Age	Team	Finals	Points
Results - Women				
1 Caitlin Slobedman		HILLS DISTRICT - SA	11:50.53	
2 Molly Cook		PORT ADELAIDE - SA	11:59.26	
3 Kiera Ross		ATHLETICS SA	12:18.54	
4 Matilda Braithwaite		ATHLETICS SA	13:09.98	
5 Adrienne Tess Houtman		ATHLETICS SA	13:10.23	
6 Jessie Woolridge		ATHLETICS SA	13:20.74	
7 Hannah Voigt		ATHLETICS SA	13:26.04	

Event 6 Men 6k CC Under 18

Name	Age	Team	Finals	Points
Results - Men				
1 Harrison Bagley		TEA TREE GULLY - SA	20:45.55	
2 Patrick Goodwin		FLINDERS - SA	20:59.47	
3 Cameron Clohesy		FLINDERS - SA	21:08.67	
4 Bailey Dyer		FLINDERS - SA	21:19.27	
5 Edward Shepherdson		HILLS DISTRICT - SA	23:04.17	
6 Jack Hunter		PORT ADELAIDE - SA	23:29.19	
7 Sam Thomas		ATHLETICS SA	25:45.68	

Event 7 Women 6k CC Under 20

Name	Age	Team	Finals	Points
Results - Women				
1 Fleur Wellings		FLINDERS - SA	27:15.13	
2 Amy Marin		UNITED COLLEGIANS - SA	29:18.22	
3 Chanel Caruso		UNITED COLLEGIANS - SA	30:04.06	

Event 8 Women 6k CC Over 50

Name	Age	Team	Finals	Points
Results - Women				
1 Elizabeth Slattery		ADELAIDE HARRIERS - SA	30:07.06	
2 felicity alexander		HILLS DISTRICT - SA	35:52.63	

2016 Athletics SA Long Course Cross Country Championships - 10/07/2016**Carisbrooke Reserve Salusbury Park****Results - ASA Long Course Cross Country****Event 9 Men 10k CC Open**

Name	Age	Team	Finals	Points
Results - Men				
1 Riley Cocks		FLINDERS - SA	32:40.99	
2 Jacob Cocks		FLINDERS - SA	33:04.21	
3 Adrian Potter		ADELAIDE HARRIERS - SA	33:49.51	
4 Rhys Jones		ADELAIDE HARRIERS - SA	34:36.47	
5 Max Stevens		HILLS DISTRICT - SA	34:52.15	
6 Paul Morgan		HILLS DISTRICT - SA	35:35.56	
7 Daniel Canala		HILLS DISTRICT - SA	35:45.65	
8 Ryan Grieger		ENFIELD HARRIERS - SA	36:29.73	
9 Mike Klocke		ATHLETICS SA	42:02.05	
10 Brett Abbott		HILLS DISTRICT - SA	44:51.98	

Event 10 Women 10k CC Open

Name	Age	Team	Finals	Points
Results - Women				
1 Paige Lewis		SAINTS - SA	43:43.36	
2 Ebony Doering		ENFIELD HARRIERS - SA	50:36.54	

Event 11 Men 10k CC Over 35

Name	Age	Team	Finals	Points
Results - Men				
1 Dion Byas		ADELAIDE HARRIERS - SA	37:40.65	
2 Michael Cocks		ATHLETICS SA	38:06.65	
3 Adam Zur Eich		ENFIELD HARRIERS - SA	39:59.83	
4 Gerry Doyle		SALISBURY - SA	42:17.01	
5 Tony Scoleri		HILLS DISTRICT - SA	42:56.13	

Results - Men ... (Event 11 Men 10k CC Over 35)

Name	Age	Team	Finals	Points
6 Aaron Buchan		ADELAIDE HARRIERS - SA	45:14.38	
7 Craig Meathrel		ATHLETICS SA	46:39.87	
8 Stephen Waterman		ENFIELD HARRIERS - SA	1:00:24.00	

Event 12 Women 10k CC Over 35

Name	Age	Team	Finals	Points
Results - Women				
1 Lisa Davis		HILLS DISTRICT - SA	45:14.38	
2 clare stacey		MASTERS - SA	47:14.99	

2016 Athletics SA Long Course Cross Country Championships - 10/07/2016**Carisbrooke Reserve Salusbury Park****Results - ASA Long Course Cross Country****Event 13 Men 8k CC Under 20**

Name	Age	Team	Finals	Points
Results - Men				
1 Kieren Shepherdson		HILLS DISTRICT - SA	28:52.36	
2 Dugan Van Kleef		HILLS DISTRICT - SA	30:01.72	

Event 14 Men 8k CC Over 50

Name	Age	Team	Finals	Points
Results - Men				
1 Mike McAuliffe		ATHLETICS SA	32:36.15	
2 Richard McMahon		FLINDERS - SA	33:26.83	
3 Paul Sideris		HILLS DISTRICT - SA	33:36.91	
4 Peter Sandery		ADELAIDE HARRIERS - SA	39:35.52	
5 David Close		ADELAIDE HARRIERS - SA	44:13.96	
6 Trevor Howell		ATHLETICS SA	46:39.87	
7 Robert Field		ENFIELD HARRIERS - SA	1:00:50.00	